

TRICARE BENEFICIARY BULLETIN – JUNE 15, 2012 – 561 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON LEARNING TO LIVE WITH LUPUS.

LUPUS CAN BE A MILD OR LIFE-THREATENING DISEASE DEPENDING ON A PERSON'S PRESENT STATUS. LUPUS IS AN AUTOIMMUNE DISEASE THAT AFFECTS VARIOUS PARTS OF YOUR BODY, INCLUDING THE SKIN, BLOOD, JOINTS, AND KIDNEYS. A HEALTHY BODY PRODUCES PROTEINS CALLED ANTIBODIES THAT PROTECT AGAINST ANTIGENS. ANTIGENS ARE VIRUSES, BACTERIA AND FOREIGN INVADERS TO YOUR BODY. WHEN A PERSON HAS LUPUS, THEIR BODY CANNOT TELL THE DIFFERENCE BETWEEN ANTIGENS AND ITS OWN CELLS AND TISSUE. IN TURN, THE BODY MAKES ANTIBODIES AND ATTACKS ITSELF. THESE ATTACKS CAN CAUSE INFLAMMATION, PAIN AND DAMAGE TO ORGANS.

COMMON SYMPTOMS OF LUPUS ARE FATIGUE AND NON-SPECIFIC PAIN BUT THEY ARE USUALLY UNNOTICED IN THE BEGINNING STAGES. PEOPLE SUFFERING FROM LUPUS HAVE SYMPTOMS THAT MAY INCLUDE MUSCLE AND JOINT PAIN, ANEMIA, CHEST PAIN, RASHES, HAIR LOSS, LIGHT SENSITIVITY, AND

MOUTH OR NOSE ULCERS.

SEVERAL FACTORS CAN AFFECT LUPUS TREATMENT INCLUDING AGE, SYMPTOMS, GENERAL HEALTH AND LIFESTYLE. PATIENTS WITH LUPUS SEEK TREATMENT TO REDUCE INFLAMMATION, SUPPRESS AN OVERACTIVE IMMUNE SYSTEM, PREVENT FLARES, CONTROL JOINT PAIN AND FATIGUE AND MINIMIZE DAMAGE TO ORGANS. PEOPLE WITH LUPUS WILL NEED REGULAR EVALUATIONS TO CHECK FOR DISEASE FLARE UPS. TRICARE COVERS SEVERAL OF THE MEDICATIONS USED TO TREAT LUPUS. YOU CAN USE THE FORMULARY SEARCH TOOL TO FIND MEDICATIONS THAT TRICARE COVERS AT [TRICARE.MIL/FILLINGPRESCRIPTIONS](https://www.tricare.mil/fillingprescriptions).

WITH PROPER MEDICAL CARE AND KNOWLEDGE, TRICARE BENEFICIARIES CAN MANAGE A HEALTHY LIFE WITH LUPUS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

PREGNANCY IS AN EXCITING TIME FOR TRICARE MOMS-TO-BE; HOWEVER, UPCOMING MOVES CAN ADD STRESS. STAY CALM! TRICARE COVERAGE GOES WHERE MOTHERS GO.

TRICARE GUARANTEES CONTINUITY OF CARE FOR EXPECTANT MOTHERS IF THEY RELOCATE DURING PREGNANCY. TO STAY ON TRACK, MOMS-TO-BE SHOULD DISCUSS THEIR UPCOMING MOVE WITH THEIR PROVIDER AND REQUEST COPIES OF THEIR MEDICAL RECORDS WHEN TRANSFERRING TO A NEW DUTY STATION, YOUR TRICARE OPTIONS WILL DEPEND ON YOUR NEW LOCATION. IT IS THE SPONSOR'S RESPONSIBILITY TO ENSURE THE FAMILY'S TRICARE ENROLLMENT TRANSITIONS SMOOTHLY FROM ONE DUTY STATION TO THE NEXT. ONCE THE MOVE IS COMPLETE, THE SPONSOR MUST UPDATE EVERY FAMILY MEMBER'S INFORMATION IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM OR DEERS.

EXPECTANT MOTHERS SHOULD WORK WITH THEIR CURRENT PROVIDER AND REGIONAL HEALTH CARE CONTRACTOR TO FIND A PROVIDER IN THEIR NEW LOCATION.

TRICARE COVERS NECESSARY PRENATAL CARE FROM THE FIRST OBSTETRIC VISIT THROUGH SIX WEEKS AFTER CHILDBIRTH. ANY ROUTINE PRENATAL CARE NEEDED UP TO THAT POINT SHOULD BE COMPLETED BEFORE MOVING.

TO LEARN MORE ABOUT MOVING WITH TRICARE, VISIT [TRICARE.COM/MOVING](https://www.tricare.com/moving).

FINALLY: ANNEMARIE FELICIO REPORTS ON A TRICARE CHECK FRAUD SCAM.

THE TRICARE PROGRAM INTEGRITY OFFICE HAS BECOME AWARE OF A LOTTERY SWEEPSTAKES SCAM WHERE "WINNERS" RECEIVE A FRAUDULENT CHECK WITH THE TRICARE NAME. TARGETED INDIVIDUALS ARE CONTACTED BY MAIL WITH A LETTER STATING THEY'RE "WINNERS" OF A USA LOTTERY SWEEPSTAKES FOR \$250,000 ACCOMPANIED WITH THE FRAUDULENT CHECK. THE LETTER TELLS THE "WINNER" THE CHECK IS A PORTION OF THE WINNINGS USED TO HELP PAY TAXES, INSURANCE, HANDLING, AND SHIPPING FEES. THE "WINNER" IS ALSO TOLD TO RETURN A PORTION OF THE FUNDS FROM THE CASHED CHECK.

TRICARE BENEFICIARIES WHO RECEIVE THIS LETTER AND CHECK SHOULD BE AWARE THAT A THIRD PARTY MAY BE TRYING TO GAIN ACCESS TO THEIR BANK ACCOUNTS, OR OTHER PERSONAL INFORMATION.

IF YOU RECEIVE THIS LOTTERY SWEEPSTAKES SCAM LETTER AND CHECK, YOU SHOULD REPORT IT TO YOUR MANAGED CARE SUPPORT CONTRACTOR'S PROGRAM INTEGRITY OFFICE.

REPORTS CAN ALSO BE MADE TO THE TRICARE PROGRAM INTEGRITY OFFICE BY EMAILING THE TRICARE FRAUDLINE AT FRAUDLINE@TMA.OSD.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE
NEWS YOU CAN USE NEXT WEEK. (:03)

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